

An invitation to delight in

Essential Education 2010

The aim of Essential Education is to support children, youth and adults of all cultures and traditions to develop their innate capacity to be kind and wise, and contribute to peace in the world.

"The *Creating Compassionate Cultures* workshop worked for me on both the personal and professional level. It reassures me that educational approaches I have only dreamed about can be made to work."

Curriculum Researcher, Victoria, Australia



Transformative
mindfulness

"The use of receptive visualization opens doors to people helping themselves at a very different level. Because it is visual or sensory, they can experience real change."

Counsellor working with immigrants, France

"The 16 Guidelines have become an important part of my life. For me it is more important than any other academic education. They teach us the value of being human."

Chandeshwar Kumar,
Principal of Akshay
Charitable School,
Bodh Gaya, India



"I have been very impressed by the Potential Project. It is appropriately named. Its potential for improving relations and effectiveness in corporations is clearly evident. The methods are based on those developed in oriental traditions over centuries of experience. They work."

Prof. Denis Noble CBE, FRS,
President of International Union
of Physiological Sciences (IUPS)
Oxford University, UK



"Kindness is a language which the deaf can hear and the dumb can speak."

Mongolian child commenting on Be Kind Day,
the annual LKPY initiative to celebrate kindness



Essential Education is an initiative of the Foundation for Developing Compassion and Wisdom, which is registered in the UK as a charity (No. 1110500) and a company limited by guarantee (No. 5335841). The FDCW is affiliated to the Foundation for the Preservation of the Mahayana Tradition.



Looking back at 2010

*Essential Education proposes that we each have an innate capacity for compassion and wisdom.
This capacity can be developed, from birth to death.
Developing this capacity is the key to a happier and more peaceful world:
as individuals, in the family, in society and globally.*

FDCW, the organisation set up to support EE worldwide, marked its first five years with an ever-widening range of publications and activities, and a review and strategic planning process that commenced with a meeting of 20 key associates in February.

16 Guidelines for Life workshops were offered for the first time in Argentina, Australia, Austria, Colombia, Germany, India, New Zealand, Northern Ireland and South Africa – making a total of 22 countries and 600+ participants since the launch of the programme in 2008. A new 16G Level Two workshop was offered in Adelaide and, Sydney, and in France. www.16guidelines.org

Creating Compassionate Cultures created new resources, launched in Australia and completed a second training tour of Europe. www.creatingcompassionatecultures.org

The Potential Project broadened its international reach, with trainers now based in Denmark, France, Germany, the Netherlands, Norway, Singapore, South Africa, Spain, Sweden, Thailand, the UK and the USA. Its unique Corporate Based Mindfulness Training was chosen as the subject of a documentary for Danish TV. www.potentialproject.com

Transformative Mindfulness completed the first training of medical and health professionals at the University of Florence, Italy and was launched in France, with new initiatives in Ontario, Canada. www.lamponthepath.org

Loving Kindness Peaceful Youth developed a new-look website and a Peace Class for use in schools. www.lkpy.org

Plans for 2011 include

- **EE in Latin America**: a conference to guide next steps in the region (April, Mexico)
- **The Potential Project**: first SE Asia training workshop (May, Singapore)
- The launch of the **Whole School Handbook** - how to set up an EE school (July, UK)
- **A 5-day international gathering** for EE supporters and their families (August, France)
- **The EE Playlist**: a new multimedia project, aimed at 6–12 year-olds and their parents
- Launch of the new dynamic transformativemindfulness.com website in four languages
- **The appointment of a Resources Manager** in the London office, to oversee the development and translation of new resources

Some inspiring stories...

Wishing Well, a new programme founded by Amanda Bauscher, introduces children aged 18 – 36 months to the compassionate learning methods developed at Tara Redwood School in California, USA



16 To Live By Malaysia – encouraging young people to design their own social service projects inspired by the 16 Guidelines



Health Group A/S, Denmark's leading consulting company on health at the workplace, reports that after 4 months of Potential Project training, 88% of participants experienced a highly increased ability to stay focused on the task at hand



Music to Live By: Anna Colao tours UK youth clubs with the hip-hop band Foreign Beggars, presenting the 16 Guidelines to disadvantaged teens



Lori Goldblatt introduces the Transformative Mindfulness programme Enhancing Positive Qualities to 14-17 year-olds at Bishop Tonnos Secondary School in Ancaster, Ontario



Montse Bolaños is awarded a one-year scholarship to develop her Arts and Ethics programme for the use of public school teachers throughout Spain



With many thanks to:

Essential Education Patron HH The Dalai Lama and Honorary President Lama Zopa

All our funders and benefactors in 2010, particularly: Terrapinn; Tudor Trust; the FPMT Merit Box; and all the anonymous donors who have sponsored office costs and equipment, publishing costs and other operating expenses

More than 100 volunteers worldwide: board members; facilitators; translators; professional advisors and supporters; all the people who organised, promoted and hosted training courses, and who developed and consulted on new resources

Staff during 2010: Alison Murdoch (Director); Esther Garibay (Office Manager); Anna Colao (youth projects); Patrick Madden (communications); Ana Aguirre (Admin Assistant); Sanjay Mehta and Minoli Anandappa (book-keeping); Dario Savella (EE Hub); Rob Stead (IT support)

Some highlights of the year

January

Valentina Dolara leads the first 16G workshops in Perth, Adelaide, Sydney and Brisbane.
Sharon Babineau introduces homeless youth in Ontario, Canada to the 16 Guidelines.

February

Esther Garibay joins the London staff team as Office Manager

March

Launch of the *EE Hub*, a custom-designed intranet for EE supporters worldwide.
Dekyi-Lee Oldershaw, Valentina and Dr Piero Dolara complete the first Transformative Mindfulness training for medical professionals in Florence, Italy

April

Lama Zopa gives instructions for a new programme, *Causes for a Happy Life*.
Director Alison Murdoch presents EE in New Zealand and Australia.

May

Patrick Madden leads the first-ever EE workshops in Cape Town, South Africa.
Craig Mackie presents Transformative Mindfulness at the University of Toronto, Canada.

June

Pam Cayton completes the 2nd European tour of *Creating Compassionate Cultures*.
Essential Education offers a workshop at the Forum for a Culture of Peace in Martigny, Switzerland.
LKPY's *Habit* project attracts over 90 participants in Durango, Mexico.

July

16 To Live By launches at the UK Youth Parliament in Belfast, Northern Ireland.

August

Denise Flora leads a week of *Ready Set Happy* workshops at the Chautauqua Institute, New York.

September

Ven. Connie Miller completes the first draft of *Aims, Principles and Methodologies of EE*.

October

The Universal Mandala Association (Belen Kohler) launches its after-school programme in Ibiza, Spain.
Marian O'Dwyer introduces teachers in Patagonia, Argentina to the 16 Guidelines.
Educación Universal organises a two-day conference on *Heart-filled Wisdom* in Avila, Spain.

November

The University of Rosario in Bogota, Colombia hosts a series of 16 Guidelines evening events.
16 Guidelines End of Life Training: a new programme designed by Shyla Bauer for Hospis Malaysia.

December

Rasmus Hougaard speaks at the *3rd International Conference on Buddhism and Science*, Bangkok.
16 Leitsätze für ein sinnerfülltes und glückliches Leben: our first publication in German.